

## Armenian Talk Show Back by Popular Demand



Due to viewer requests, cable television station ARTN-Shant will continue to air the mental health-themed talk show, “Hayatsk Depi Ners,” for the 2015-2016 fiscal year. The show features Anna Yaralayan, Psy.D., LACDMH USCC (Underserved Cultural Communities), Eastern European/Middle Eastern Liason, as Subject Matter Expert (SME).

New topics will be presented, including:

- Interpersonal relationships,
- Effective communication skills,
- How to cope with anxiety and fears
- Body image issues
- Family Dynamics and Interpersonal conflict;
- Identify formation

Tune in and learn more about mental health in Armenian! The show will air September 10, 2016, at 3.30 p.m. on ARTN-Shant (check local cable listings for channel).

# DMH e\*News

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The show is funded by the Mental Health Services Act, sponsored by Los Angeles County Mental Health Department.